



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Start For Life

James Annesi, PhD

Director of Wellness Advancements

Alice Smith, MS, MBA, RD

Project Director – Wellness Programs

Gail Standard

Quality Assurance Coordinator



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Obesity epidemic

Truth:

- It's a huge problem for all
- It's preventable

Consequences:

- Diabetes, heart & kidney disease, sleep apnea, bone & joint problems, social stigma
- Unnecessary suffering and expense



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Obesity Trends* Among U.S. Adults

BRFSS, 1985

(*BMI = 30, or ~ 30 lbs. overweight for 5' 4" person)

